














# Your Birth Control Choices

Method	How well does it work?	How to Use	Pros	Cons
<b>Copper IUD</b> (ParaGard™) 	99%	Must be placed in uterus by a health care provider Must be removed by a health care provider	May be left in place for up to 12 years Can be used while breastfeeding Ability to become pregnant returns quickly when IUD is removed	May cause more cramps and heavy periods IUDs can cause spotting between periods Rarely, uterus is injured during placement Does not protect against HIV or other STIs
<b>Progestin IUD</b> (Mirena™) 	99%	Must be placed in uterus by a health care provider Must be removed by a health care provider	May be left in place up to 7 years May improve period cramps and bleeding Can be used while breastfeeding Ability to become pregnant returns quickly when IUD is removed	May cause lighter periods, spotting, or no period at all Rarely, uterus is injured during placement Does not protect against HIV or other STIs
<b>The Implant</b> 	> 99%	A health care provider places it under the skin of the upper arm Must be removed by a health care provider	Long lasting (up to 3 years) No medicine to take daily Can be used while breastfeeding Ability to become pregnant returns quickly after it is removed	May cause irregular bleeding (spotting, no periods or heavy periods) After 1 year, many women have no period at all Does not protect against HIV or other STIs
<b>The Shot</b> Depo-Provera™ 	97-99%	Get shot every 3 months	Each shot works for 12 weeks Private Helps prevent cancer of the lining of the uterus (womb) No pill to take daily Can be used while breastfeeding	May cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive May cause delay in getting pregnant after you stop the shots Side effects may last up to 6 months after you stop the shots Does not protect against HIV or other STIs
<b>The Pill</b> 	92-99%	Must take the pill daily	Can make periods more regular and less painful Can improve PMS symptoms Can improve acne Lowers risk of ovarian cancer Ability to become pregnant returns quickly after stopping the pills	May cause nausea, weight gain, headaches, change in sex drive – but these can be relieved by changing to a new brand May cause spotting the first 1-2 months Does not protect against HIV or other STIs
<b>Progestin-Only Pills</b> 	92-99%	Must take the pill <u>at the same time</u> each day	Can be used while breastfeeding Ability to become pregnant returns quickly after stopping the pills	Often cause spotting, which may last for many months May cause depression, hair or skin changes, change in sex drive Does not protect against HIV or other STIs
<b>The Patch</b> Ortho Evra™ 	92-99%	Apply a new patch once a week for three weeks No patch in week 4	Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly after stopping the patch	Can irritate skin under the patch May cause spotting the first 1-2 months Does not protect against HIV or other STIs

Method	How well does it work?	How to Use	Pros	Cons
<b>The Ring</b> Nuvaring™ 	92-99%	Insert a small ring into the vagina Change ring each month	Does not require a “fitting” by a health care provider Private Does not require spermicide Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly after stopping the ring	Can increase vaginal discharge May cause spotting the first 1-2 months of use Does not protect against HIV or other STIs
<b>Male Condom</b> 	85-98%	Use a new condom each time you have sex Use a polyurethane condom if allergic to latex	Can buy at many stores Can put on as part of sex play/foreplay Can help prevent early ejaculation Protects against HIV and many other sexually transmitted infections (STIs) Can be used while breastfeeding	Can decrease sensation Can cause loss of erection Can break or slip off
<b>Female Condom</b> 	79-95%	Use a new condom each time you have sex Use extra lubrication as needed	Can buy at many stores Can put in as part of sex play/foreplay Good for people with latex allergy Protects against HIV and other STIs Can be used while breastfeeding	May be noisy May be hard to insert May slip out of place during sex
<b>Spermicide</b> Cream, gel, sponge, foam, inserts, film 	71-85%	Insert more spermicide each time you have sex	Can buy at many stores Can be put in as part of sex play/foreplay Comes in many forms: cream, gel, sponge, foam, inserts, film Can be used while breastfeeding	May raise the risk of getting HIV May irritate vagina, penis Cream, gel, and foam can be messy
<b>Diaphragm</b> 	84-94%	Must be used each time you have sex Must be used with spermicide A health care provider will fit you and show you how to use it	Can last several years Costs very little to use May protect against some infections (NOT HIV) Can be used while breastfeeding	Using spermicide nonoxynol-9 may raise the risk of getting HIV Should not be used with vaginal bleeding or infection Raises risk of bladder infection
<b>Emergency Contraception</b> Plan B® One-Step, Next Choice™ and others 	58-94%	Works best the <b>sooner</b> you take it after unprotected sex. Take pill(s) as soon as you can after unprotected sex. You can take EC up to 5 days after unprotected sex. If pack contains 2 pills, take both together	Can be used while breastfeeding Available at pharmacies, health centers or health care providers: Call ahead to see if they have it. Women 17 years or older can get EC without a prescription	May cause stomach upset or nausea The next period may come early or late. May cause spotting Does not protect against HIV or other STIs Girls under age 17 need a prescription. May cost a lot